



Wellness Benefit Program

NDPERS Wellness Forum

November, 2005

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WELLNESS BENEFIT PROGRAM

- **Established in 1994**
- **Available to all state agencies and participating political subdivisions in the State's health plan**
- **Provides monetary assistance to employers that initiate and conduct on-site wellness programs**

GOALS:

- **Directly fund wellness and health promotion efforts that will have a positive financial impact on health plan expenditures.**
- **Encourage work site promotion and increase awareness of lifestyle and wellness programs by our participating employers.**
- **Provide a resource of programs that can be referenced and implemented by others.**

PROGRAM FUNDING

- **\$100% of the first \$500, or actual cost, whichever is less, plus**
- **75% of the cost exceeding this amount to a maximum benefit of \$1,000**
- **Are eligible for funding to conduct one on-site program each fiscal year.**

APPLICATION PROCESS

- **Employer Initiated Program – Work site develops own program and submits application to NDPERS for consideration.**
- **PERS Sponsored Program – PERS develops a specific program and makes it available to eligible employers.**

PROGRAMS FUNDED

- **Preventive screening clinics**
- **Video and workbook educational series on healthy life styles**
- **On-site flu shot programs**
- **On-site wellness fairs**
- **Education on nutrition and exercise**

PROGRAMS FUNDED

- **Various walking programs**
- **5-A-Day Challenge; healthy eating habits**
- **Fitness programs promoted by various vendors**

APPLICATION PROCESS

- **Must complete and submit an application to NDPERS.**
- **Send your request to NDPERS at ndpers-info@state.nd.us**
- **Reviewed by Wellness Benefit Committee**
 - **BCBS**
 - **State Health Department**
 - **NDPERS**
- **Will be notified of Committee's decision within 60 days.**

REIMBURSEMENT

- **Two options:**
 - **Reimburse vendor direct**
 - **Provide an itemized invoice**
 - **Reimburse the employer**
 - **Provide an itemized invoice**
 - **Copy of cancelled check**
- **Submit to NDPERS**
- **Reimbursement is made by BCBSND**

- **QUESTIONS?**

